

## What is Claimed:

- 1                    1.        A dinnerware article adapted to receive food, the article  
2        comprising:  
  
3                    a shallow container with an upper surface having a center, and a lower  
4        surface joined to the upper surface at an edge;  
  
5                    a raised likeness of a creature affixed to the upper surface; and  
  
6                    a graphical diet reminder on the upper surface.
- 1                    2.        The article of claim 1, wherein the shallow container comprises  
2        one of a saucer, a dish, and a bowl.
- 1                    3.        The article of claim 1, wherein the shallow container comprises  
2        a plate.
- 1                    4.        The article of claim 1, wherein the likeness is adjacent the  
2        edge.
- 1                    5.        The article of claim 1, wherein the likeness comprises a  
2        statuette.
- 1                    6.        The article of claim 1, wherein the likeness comprises a raised  
2        relief figure.

1                   7.     The article of claim 1, wherein the likeness is permanently  
2     affixed to the upper surface.

1                   8.     The article of claim 1, wherein the likeness is removably affixed  
2     to the upper surface.

1                   9.     The article of claim 1, wherein the likeness is further affixed to  
2     the lower surface and the edge, and extends laterally from the edge.

1                   10.    The article of claim 1, wherein the upper surface comprises a  
2     central section and a border section adjacent and surrounding the central section,  
3     the border section extending to the edge.

1                   11.    The article of claim 10, wherein a distance from the edge to the  
2     central section is between 10% and 40% of a distance from the edge to the center.

1                   12.    The article of claim 10, wherein the likeness is affixed to the  
2     border section.

1                   13.    The article of claim 10, wherein the graphical diet reminder is  
2     on the central section.

1                   14.    The article of claim 1, wherein the likeness resembles one of a  
2     walrus, a hippopotamus, and a whale.

1                   15.    The article of claim 1, wherein the likeness resembles one of an  
2     imaginary creature and an obese person.

1                   16.    The article of claim 1, wherein the likeness resembles a pig.

1                   17.    The article of claim 1, wherein the likeness comprises therein a  
2 hollow space adapted to contain at least one pill.

1                   18.    The article of claim 1, wherein the likeness is hollow and  
2 comprises a bottom and a removable top, the likeness adapted to contain at least  
3 one pill.

1                   19.    The article of claim 1, wherein the graphical diet reminder  
2 comprises a diagram indicating a breakdown of diet according to food categories.

1                   20.    The article of claim 1, wherein the graphical diet reminder  
2 comprises an image of a food pyramid.

1                   21.    The article of claim 1, wherein the graphical diet reminder  
2 comprises a motivational message.

1                   22.    The article of claim 1, wherein the graphical diet reminder  
2 comprises numerical nutritional information.

1                   23.    A dinnerware article adapted to receive food, the article  
2 comprising:

3                   a plate with an upper surface having a center, and a lower surface  
4 joined to the upper surface at an edge, wherein the upper surface comprises a  
5 central section and a border section adjacent and surrounding the central section,  
6 the border section extending to the edge;

- 7                   a hollow statuette of a pig removably affixed to the border section, the
- 8   statuette having a bottom and a removable top and being adapted to contain at least
- 9   one pill; and
- 10                 an image of a food pyramid on the central section.